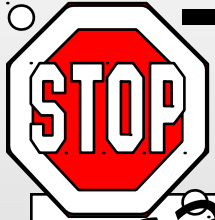


Summer Safety



Unsafe Acts

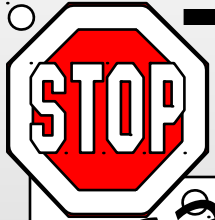
Summer Safety



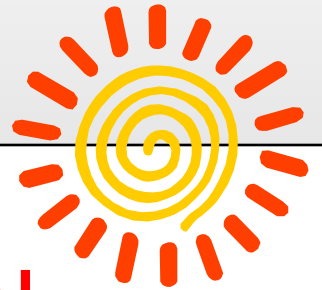
Unsafe Acts

- Heat Injuries
- POV Safety
- Recreation Safety
 - Sports Safety
 - Water Safety
- Outdoor Safety

Summer Safety



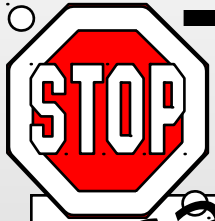
Unsafe Acts



HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for Heat Injuries increase. Heat Injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

Summer Safety



Unsafe Acts



HEAT INJURY PREVENTION

- Drink Plenty of Water
- Avoid Heavy Meals At Lunch Time
 - Maintain A Well Balanced Diet
 - Wear Appropriate Clothing
- Use Sunscreen, SF7 Or Above

Summer Safety



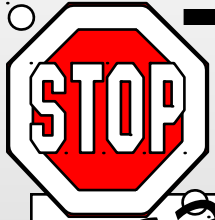
Unsafe Acts



HEAT INJURY PREVENTION

- Follow Recommended Work / Rest Cycle
 - Keep Areas Well Ventilated
- Schedule Outdoor Activities During Cooler Part Of The Day

Summer Safety



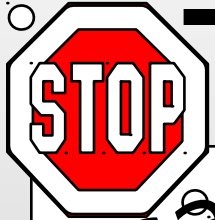
Unsafe Acts



HEAT INJURY PREVENTION

- Use The Buddy System
- Monitor Those At Risk
- Use Common Sense

Summer Safety



Unsafe Acts



SUNBURN PREVENTION

- Use Sunscreen - Reapply Frequently
- Moderation - Avoid Extended Exposure
During Peak Hours (1000-1600)
 - Avoid Repeated Exposure
- Seek Medical Care If Severely Burned

Summer Safety



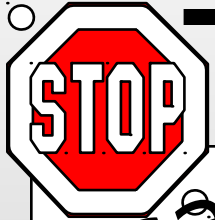
Unsafe Acts



HEAT RASH

- Skin Irritation Caused By Excessive Sweating In A Hot Humid Environment
- Appears As A Cluster Of Pimples Or Small Blisters

Summer Safety



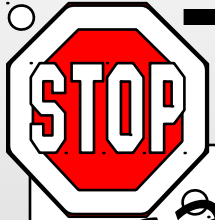
Unsafe Acts



HEAT RASH

- Neck, Around Collar
 - Groin Area
- Under Breasts
 - Under Arms
- Skin Creases

Summer Safety



Unsafe Acts

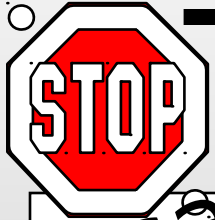


HEAT RASH

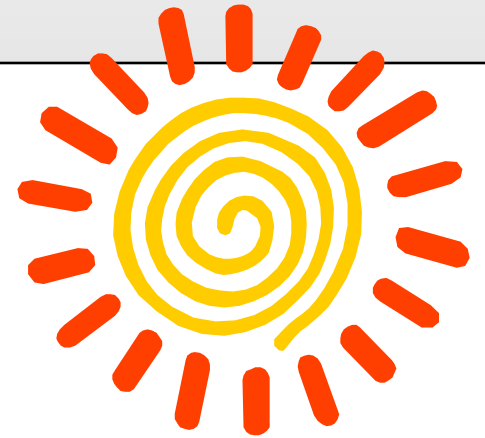
PREVENTION AND TREATMENT

- Baby Powder With Corn Starch
 - Cool Shower
 - Avoid Lotions And Creams
- Frequent Change Of Clothing

Summer Safety

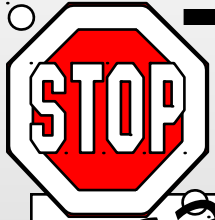


Unsafe Acts

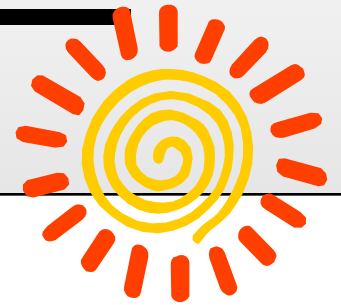


HEAT
CRAMPS

Summer Safety



Unsafe Acts



CAUSE

Excessive Loss Of Salt From The Body

SYMPTOMS

Painful Cramps Of The Major Muscle Groups
(Arms, Legs, Or Stomach)

TREATMENT

Provide Cool Water - Shade - Monitor

Summer Safety



Unsafe Acts

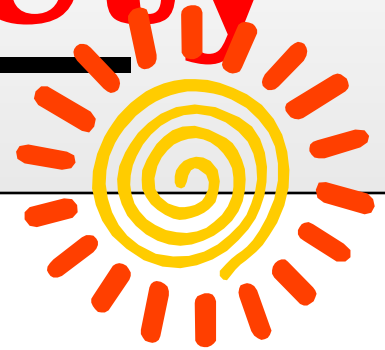


HEAT
EXHAUSTION

Summer Safety



Unsafe Acts



CAUSE

Excessive Loss Of Salt And Water In The Body

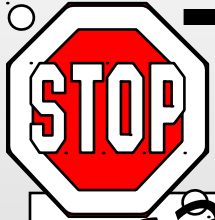
SYMPTOMS

Profuse Sweating - Headache - Paleness - Weakness
Nausea - Cool Moist Skin - Tingling Sensation In
Extremities

TREATMENT

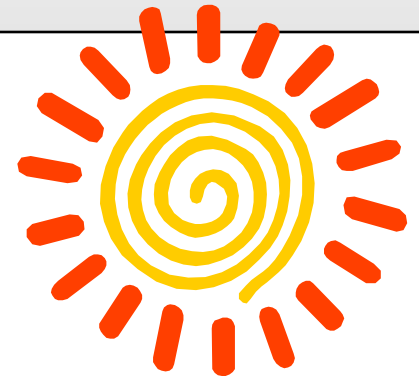
Provide Water - Shade - Elevate Feet - Monitor
Seek Medical Attention Immediately

Summer Safety



Unsafe Acts

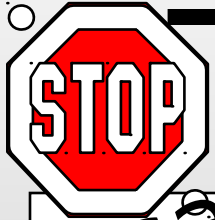
HEAT



STROKE

- MEDICAL EMERGENCY -

Summer Safety



Unsafe Acts



CAUSE

The Body's Heat Regulatory Mechanism Stops

SYMPTOMS

Headache - Dizziness - Delirium - Weakness - Nausea
Red, Hot Skin - Unconsciousness

TREATMENT

Seek Medical Attention Immediately - Cool Shaded
Area - Soak Clothing And Fan - Elevate Feet
Massage Extremities

Summer Safety



Unsafe Acts

POV Safety



Summer Safety



Unsafe Acts

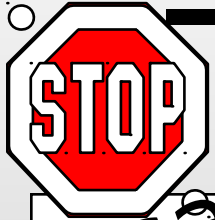
POV Safety

Vehicle Accidents are the

→ **#1** ←

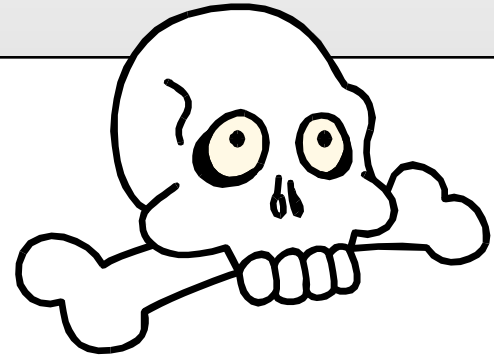
Killer of Soldiers

Summer Safety



Unsafe Acts

POV Safety



**1 Soldier Dies Every 3
Days in a POV Accident**

Summer Safety



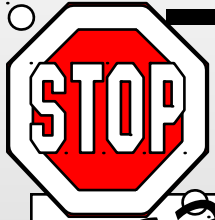
Unsafe Acts

POV Safety

Factors Influence our Risk?

- Age
- Seat Belts
- Vehicle
- Alcohol
- Fatigue
- Location
- Speed

Summer Safety



Unsafe Acts

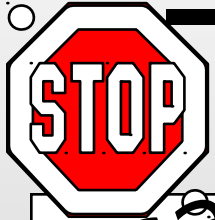
POV Safety

Age



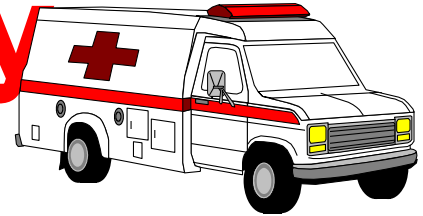
Soldiers who are 18-24 are at the highest risk. Risk of involvement in a fatal crash for soldiers who are 18-24 is nearly 4x greater than any other age group.

Summer Safety



Unsafe Acts

POV Safety



Seatbelts

Seat Belts prevent deaths in **42%** of all **potentially fatal crashes**. Add an **air bag** to the buckled seatbelt and you increase your odds of surviving the crash to **47%**

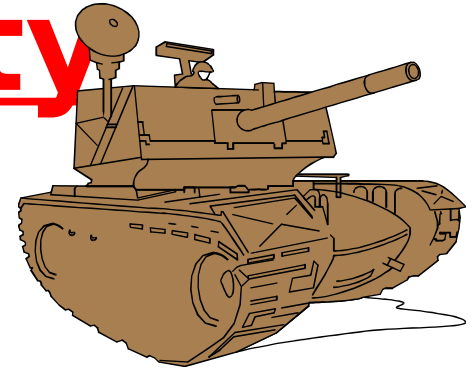
Summer Safety



Unsafe Acts

POV Safety

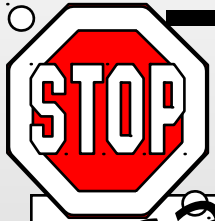
Vehicle



Heavier is Better

Equipped with Similar Features, fatality risk increases by **400%** from the largest to smallest passenger vehicle.

Summer Safety



Unsafe Acts

POV Safety



Alcohol

The Intoxicated Driver is **15x More Likely** to be involved in a crash and to be fatally injured than a sober driver. **About 48%** of all traffic fatalities involve an intoxicated or alcohol impaired person.

Summer Safety



Unsafe Acts

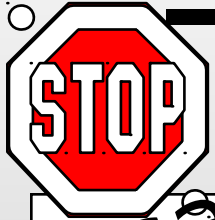
POV Safety

Fatigue



Drivers between the ages of **18-24** are at special risk with over **56%** of fatal crashes involving fatigue or falling asleep at the wheel.

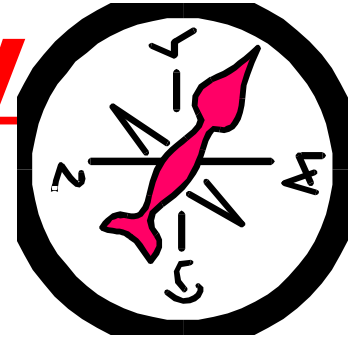
Summer Safety



Unsafe Acts

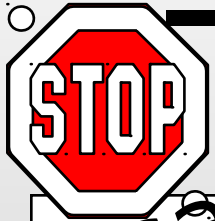
POV Safety

Location



Statistics show that traveling on autobahns are safer than two lane roads. However, the fatality rate for travel on roads where high speed is possible increases the fatality rate **by 30%.**

Summer Safety



Unsafe Acts

POV Safety

Speed

The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react and reduces the ability to safely negotiate the road.

Speed Kills!

Summer Safety

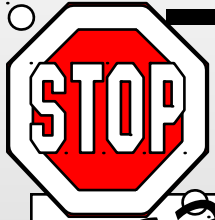


Unsafe Acts

POV Safety

1. Don't Drink and Drive
2. Use a Designated Driver
3. Wear Seatbelts
4. Obey the Speed Limit

Summer Safety

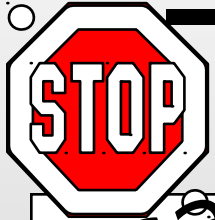


Unsafe Acts

POV Safety

5. Don't Drive When Your Tired
6. Take Rest Breaks
7. Adjust Speed For Conditions
8. Don't Follow Too Close

Summer Safety



Unsafe Acts

POV Safety

9. Maintain Your Vehicle

10. Drive Defensively

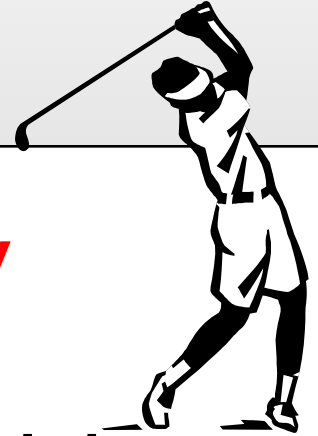
Arrive Alive

Summer Safety



Unsafe Acts

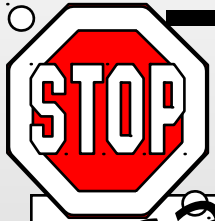
Recreational Safety



Taking part in leisure activities
for fun and health.

Follow these guidelines before
engaging in outdoor activities..

Summer Safety



Unsafe Acts

Recreational Safety



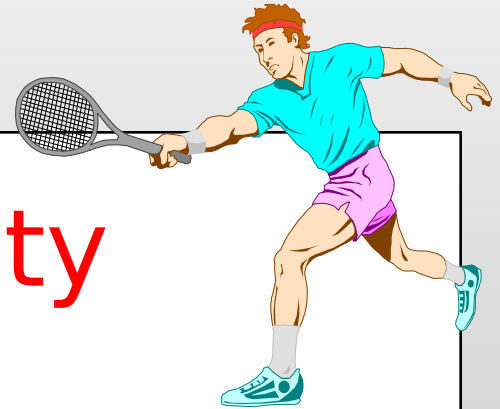
- Get in Shape
- Choose Exercise for Your Age and Conditioning
 - Start Slowly

Summer Safety



Unsafe Acts

Recreational Safety



- Start with Warm-Up
- Finish with Cool Down
- Know Your Exercise Limits
- Dress Appropriately

Summer Safety



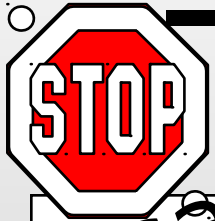
Unsafe Acts

Sports Injuries

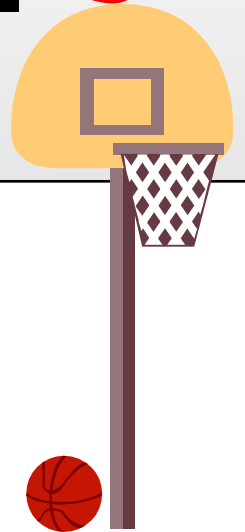


More soldiers are injured playing sports than performing combat soldiering activities.
Which sport.....?

Summer Safety



Unsafe Acts



Sports Injuries

Basketball is the most frequent sports injury producer in the military.

Summer Safety



Unsafe Acts

Sports Injuries

Before taking the court..

- Warm up
- Keep physically fit. Fit soldiers are less prone to accidents

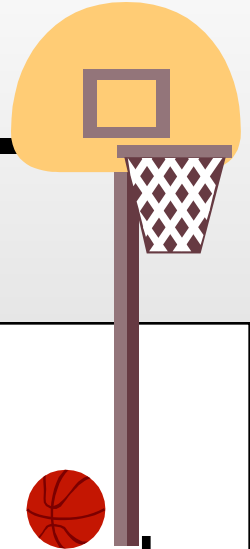


Summer Safety

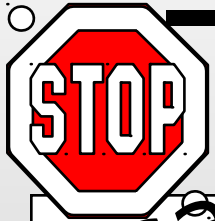
 Unsafe Acts

Sports Injuries

- Wear appropriate shoes and socks
- Wear knee pads to protect knees
- Participate only in games at your skill level

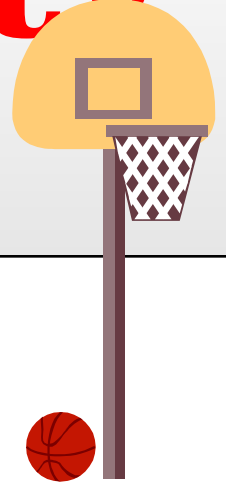


Summer Safety



Unsafe Acts

Sports Injuries



- Ensure playing floor is free of water, dirt, and slick spots
- Check goal supports and ensure it's properly mounted and not loose.

Summer Safety



Unsafe Acts

Bicycle Safety



- Bicycle Crashes Result in 800-900 Deaths per Year
- 90% of Bicycle Related Deaths Involve Collisions with Motor Vehicles

Summer Safety

 Unsafe Acts

Bicycle Safety

Before you ride.....

- Inspect Your Bicycle
 - Wear a Helmet
- Inflate Tires Properly
- Check Your Brakes



Summer Safety



Unsafe Acts

Bicycle Safety



When you ride.....

- See and Be Seen
- Use a Backpack
- Avoid Riding at Night

Summer Safety



Unsafe Acts

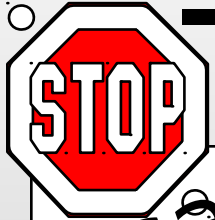
Bicycle Safety

When you ride....



- Ride Single File with Traffic
- Obey Traffic Signs, Signals, and Lanes
- Use Proper Hand Signals
- Stay Alert for Road Hazards

Summer Safety



Unsafe Acts

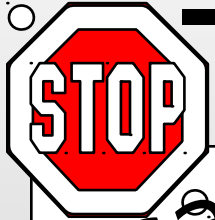
Bicycle Safety

When you ride.....



- Watch for Motorists
- Stay Out of Drivers Blind Spots
- Ride Far Enough From the Curb to Avoid the Unexpected from Parked Cars

Summer Safety



Unsafe Acts

Jogging Safety



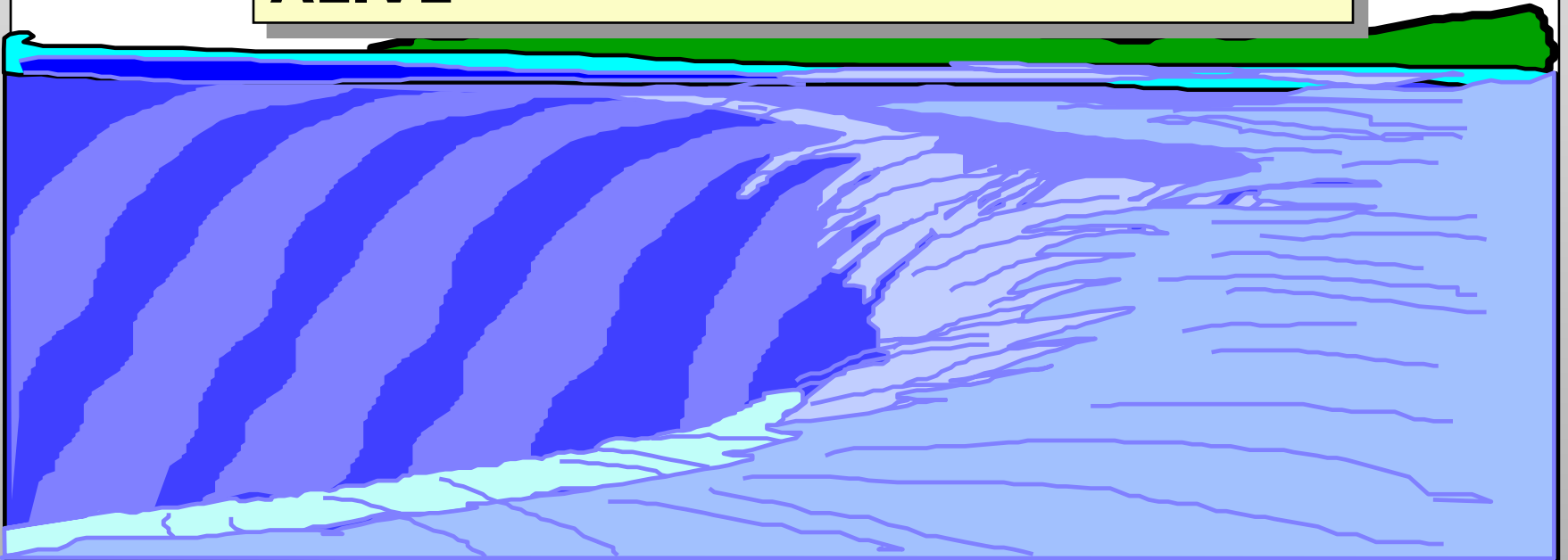
- Pace Yourself
- Good Running Shoes are Essential
 - Always Jog Against Traffic
 - Be Seen While Running
 - Finish with Cool Down
- Headphones are Prohibited

Summer Safety



Unsafe Acts

WATER SAFETY
BE WATER WISE AND STAY
ALIVE



Summer Safety



Unsafe Acts

Be Safe around Water

Drownings.....

- Are the one of the leading causes of death.
- Most often occur during off-duty recreational swimming in unauthorized swimming areas after dark
- Frequently related to alcohol use

Summer Safety



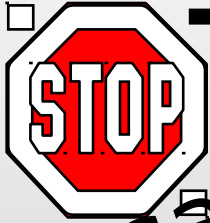
Unsafe Acts

Be Safe around Water

- Learn to swim
- Use the buddy system
- Know “your” limits
- Swim in supervised areas
- Obey “NO DIVING” signs



Summer Safety



Unsafe Acts

Be Safe around Water



- Don't drink and swim
- Wear PFD's when boating and fishing
- Know the weather conditions
- Use common sense - don't swim

after

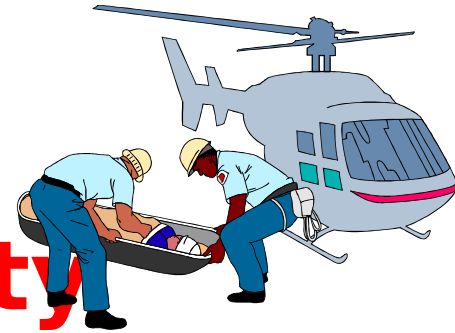
Summer Safety



Unsafe Acts

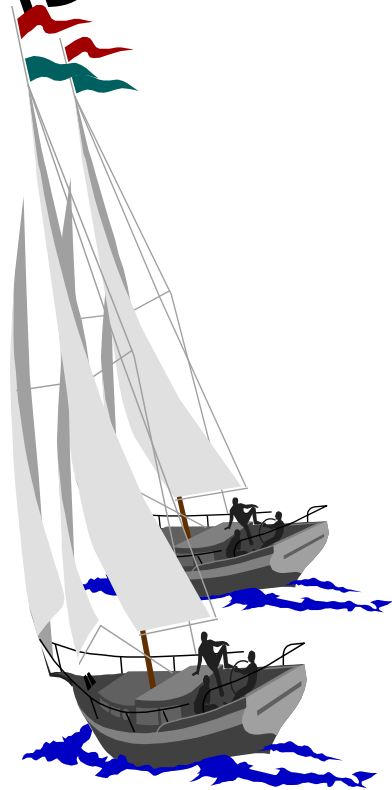
Watch out for the “Dangerous Too’s

- Too tired
- Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity



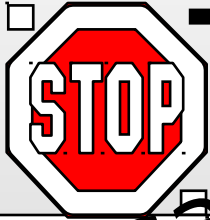
Summer Safety

STOP
Unsafe Acts



Boating
Safety

Summer Safety



Unsafe Acts



Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all fatalities are caused by drowning and in nearly all cases personal floatation (PFD's) were **NOT** used.

Summer Safety

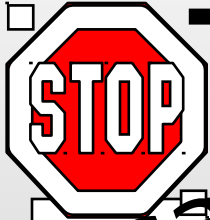


Unsafe Acts

BOATING LIMITS

- Limit Loading Your Boat To Recommended Weigh
- Limit Movement Inside the Boat
- Limit Boating to Safe Weather and Water Conditions

Summer Safety



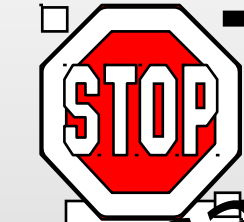
Unsafe Acts

BOATING SAFETY TIPS

- YIELD RIGHT OF WAY
- AWARENESS OF OTHERS
 - NO ALCOHOL
 - SAFE SPEED



Summer Safety



Unsafe Acts

BOATING SAFETY TIPS

- DON'T OVERLOAD
 - DON'T LOAN TO
INEXPERENCED OPERATORS
- WEAR PROPER CLOTHING
 - MAINTENANCE



Summer Safety



Unsafe Acts

JET SKIS

“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.

What does that mean?

- It means that they are subject to the same rules and regulations as any other power boat.



Summer Safety



Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

Exhaustion can be brought on by lying in the sun too long, swimming too long, or starting out tired. KNOW YOUR

LIMITS AND REST FREQUENTLY!

Summer Safety



Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

Alcohol and Water
= Trouble



Summer Safety



Unsafe Acts

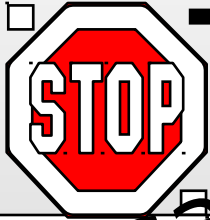
WATER SAFETY

RISK MANAGEMENT POINTER

DRINKING
AND
BOATING
DON'T MIX



Summer Safety



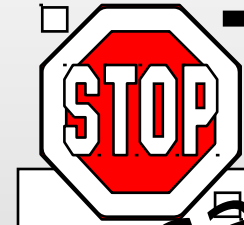
Unsafe Acts

WATER SAFETY
RISK MANAGEMENT POINTER

PERSONAL FLOATION DEVICE

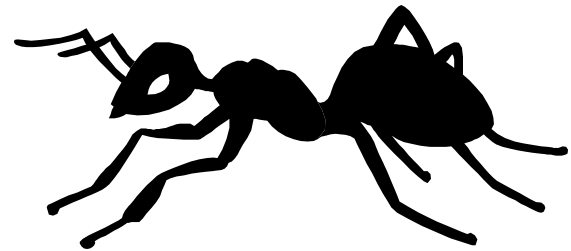
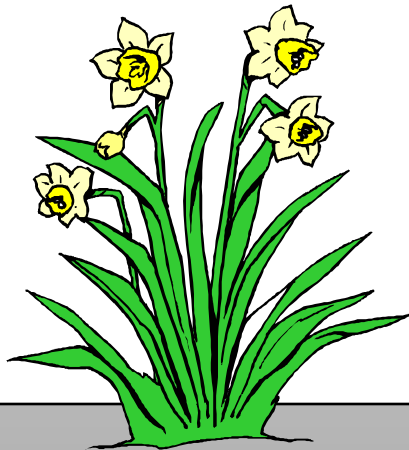
**IT WON'T WORK
IF YOU DON'T WEAR IT**

Summer Safety

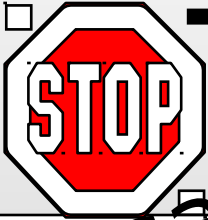


Unsafe Acts

OUTDOOR SAFETY CRITTERS AND PLANTS



Summer Safety



Unsafe Acts

ANIMALS AND REPTILES

HAZARDS:



- Rabies exists throughout the world. Avoid and be careful of wild animals when traveling in remote locations.

Summer Safety



Unsafe Acts

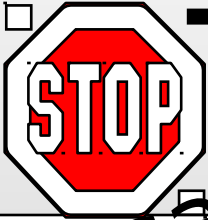
ANIMALS AND REPTILES

HAZARDS:



- Rodents can carry a variety of diseases and behave in ways that are likely to contaminate food and water. Keep all food and snacks stored in impenetrable containers.

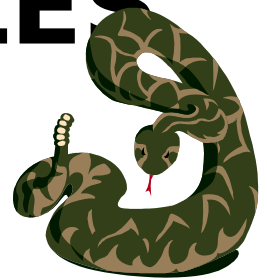
Summer Safety



Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes



- Several types of dangerous snakes are found in the operational area. Treat all snakes as if they are poisonous. Most snake bites result from handling snakes.

Summer Safety



Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes



FIRST AID:

- Remain calm and keep victim quiet
- Do not cut bite section
- Remove any tight or restrictive clothing or object from affected extremity

Summer Safety



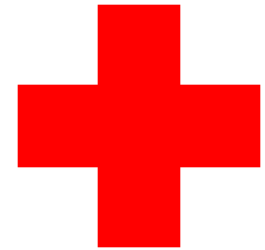
Unsafe Acts

ANIMALS AND REPTILES

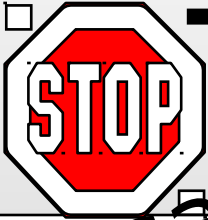
Poisonous snakes

FIRST AID:

- Place ice over bite area
- Apply constricting bands (loose enough to insert finger between band and skin) place one band above and one below the bite. For hand or foot place above wrist or ankle.



Summer Safety



Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes



FIRST AID:

- Immobilize affected part in a position below heart level
- Evacuate immediately
- Identify snake if possible. If not and snake can be killed without endangering anyone, kill it without damaging the head.

Summer

Safety

BUG BITES



ARTHROPODS (BUGS) ARE RESPONSIBLE FOR
TRANSMITTING DISEASES, INFLICTING PAINFUL
BITES OR STINGS, AND BEING A NUISANCE

* APPLY INSECT REPELLENT *

Summer Safety

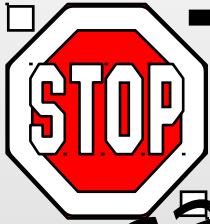


Unsafe Acts

SEEK MEDICAL ATTENTION
IF YOU YOU HAVE

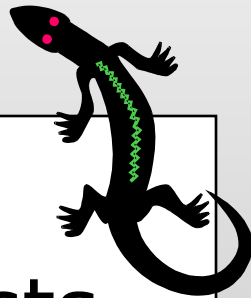
- Unusual Bite
- Tick Bite (Do Not Remove Tick)
- Multiple Bites

Summer Safety



Unsafe Acts

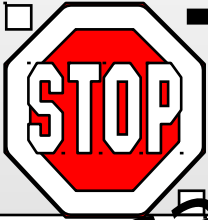
INSECTS



Ticks, spiders, scorpions, and insects

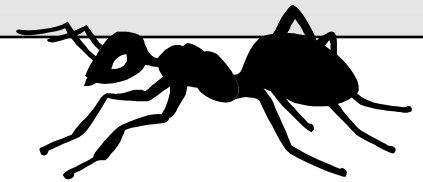
- Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand and that it is complete.

Summer Safety



Unsafe Acts

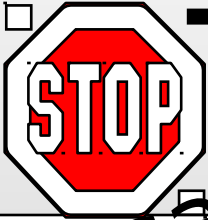
INSECTS



Ticks, spiders, scorpions, and insects

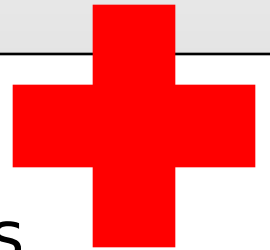
- Use insect repellent (according to directions) and keep trousers tucked into boots.
- Check bedding before use, avoid sleeping or leaving clothes in damp places.

Summer Safety



Unsafe Acts

INSECTS



Ticks, spiders, scorpions, and insects

FIRST AID:

- Grasp tick with tweezers as close to the point of attachment as possible, being careful not to squeeze its abdomen, and exert steady, gentle pressure. Take care not to break off and leave mouth parts in the skin. Apply antiseptic to the bite site.

Summer Safety



Unsafe Acts

INSECTS



Ticks, spiders, scorpions, and insects

FIRST AID:

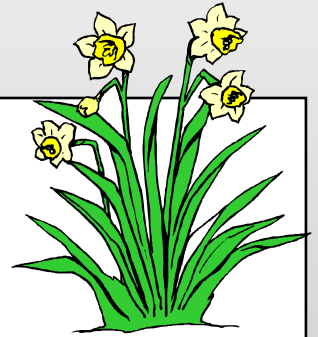
- Scorpion stings: Do not perform incision or suction of venom. Immerse sting area in ice or cool water or use an ice pack on it. Evacuate immediately for medical treatment.

Summer Safety



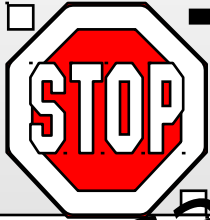
Unsafe Acts

POISONOUS PLANTS



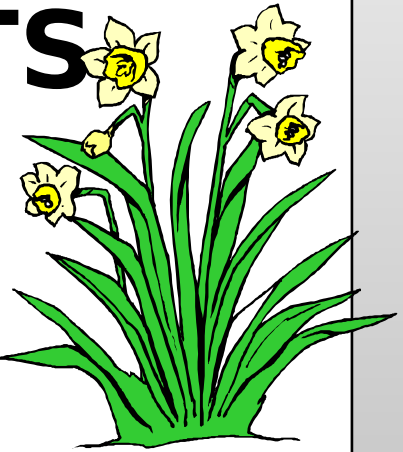
Several types of plants can cause burning, or blistering if the bare skin comes in contact with them. There are several plants/trees (including their leaves, berries, fruit, and nuts) that can cause illness or even death if eaten.

Summer Safety



Unsafe Acts

POISONOUS PLANTS



Assume all plants are
poisonous-

Don't eat them or rub them
on the skin.

Summer Safety



Unsafe Acts